

Changing Me



Year 4

This document will explain what your child will be learning about at Bilton Junior School in their “Changing Me” lessons.

Lesson 1 – Outside Body Changes

Your child will learn how and why bodies change as we grow. We will discuss how boys’ and girls’ bodies physically change, and how these changes need to happen so that when they grow up their bodies can make babies. In this lesson, they will be introduced to the term ‘puberty’, and it will be explained how this is a natural part of growing up for everyone. They will be given the opportunity to think about how they feel about these changes, and learn how to cope with those feelings.

Lesson 2 – Girls and Puberty (girls only)

Your child will learn about how a girl’s body changes during puberty to allow her to have babies. This will include information about menstruation and how to cope with these changes.

Lesson 3 – Circles of Change

Your child will find out about how the circle of change works and can apply it to changes they want to make in their life. We will discuss how the children can find the confidence to try to make changes when they think they will benefit them.

Lesson 4 – Accepting Change

In this lesson, your child will identify changes that may be outside of their control, and express a range of emotions attached to these, such as fears and concerns. Through discussion, we will learn strategies to accept these changes, and manage their feelings towards them positively.

Lesson 5 – Looking Ahead

Your child will use all they have learnt about change and how to deal with change to look towards next year. They will reflect on any personal changes they would like to make, as well as things that they are looking forward to when moving to a new class. We feel that this lesson is very important in preparing them to deal with the new class changes for next year, and your child will practice strategies for the range of emotions which may occur.

Additional information to support at home.

We understand that talking to your child about growing up may be a difficult or awkward conversation. Here are our top tips to support you at home:

- Don’t dismiss your child’s concerns or curiosity.
- Answer questions simply using correct terminology where appropriate and in an age appropriate way.
- Agree on the language you are going to use first - using scientific vocabulary is best.

For more information, please follow these links:

<https://www.theschoolrun.com/how-talk-your-child-about-sex>

<https://learning.nspcc.org.uk/research-resources/schools/relationships-health-and-sex-education-resources>

Key Vocabulary:

Lesson 1: Change, puberty, control.

Lesson 2: Puberty, menstruation, period.

Lesson 3: Circle, Seasons, Change, Control

Lesson 4: Scared, Empty, Peaceful, Happy, Sad, Nervous, Proud, Excited, Anxious, Shy, Grumpy, Accepting, Apprehensive, Worried, Acceptance, Frustrated, Angry, Disappointed, Hurt, Jealous, Frightened, Unsure, Uncertain, Confused, Miserable, Control, Change

Lesson 5: Change, Looking forward, Excited, Nervous, Anxious, Happy